

RESOURCES

Skill-Building Programs

The LifeSkills Training (LST) Program described in this paper is an invaluable resource. Botvin and Griffin wrote extensively about LST in an article for the *International Journal of Emergency Mental Health* (Botvin, G. J., and Griffin, K. S. [2002]. "Life skills training as a primary prevention approach for adolescent drug use and other problem behaviors," *IJEMH*, 4, (41–47). Their article provides an overview of the theoretical underpinnings of LST, along with a description of the program's components, materials, and methods. Findings from more than two decades of evaluation research are reviewed, demonstrating that the LST approach consistently produces positive behavioral effects on alcohol, tobacco, and other drug use. The role of competence enhancement-based primary prevention programs in preventing other negative behaviors during adolescence is also discussed.

For more information on LST, contact Tracy Diaz, senior project coordinator, or Elizabeth Paul, Ed.D., who can each provide general program information, or the program's developer, Gilbert Botvin, Ph.D., at:

LifeSkills® Training
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Web site: www.lifeskillstraining.com

Tobacco Education Programs

Two documents are valuable resources on this topic:

- *Guidelines for School Health Programs to Prevent Tobacco Use and Addiction* (from MMWR Recommendations and Reports, February 25, 1994), available online at www.cdc.gov/mmwr/preview/mmwrhtml/00026213.htm, summarizes the school-based strategies that are most likely to be effective in preventing tobacco use among youth.
- *Model School Health Tobacco Control Intervention*, funded by the World Health Organization, Headquarters (WHO/HQ), Department of Non-Communicable Disease, Prevention and Health Promotion (NPH), Non-Communicable Diseases and Mental Health Cluster (NMH), Tobacco-Free Initiative, Geneva, Switzerland, and prepared by Health and Human Development Programs (HHD), a division of Education Development Center, Inc. (EDC).

Merchant Education and Server Training

The Alcohol Epidemiology Program at the University of Minnesota offers useful information on both voluntary and mandatory Responsible Beverage Service (RBS) training. Its Web site provides helpful suggestions for implementing RBS programs in communities, and lists considerations for communities wishing to establish RBS ordinances. For more information, see *Commercial Access to Alcohol: Strategies to Reduce Youth Access to Alcohol*, available online at www.epi.umn.edu/alcohol/policy/comrcial.html.